

[Your Full Name]

Cell: [07X XXX XXXX]

Email: [you@email.com] (optional)

Location: [Village/Suburb], [Town], [Province]

Availability: [Immediately / From DD Month YYYY]

PROFILE

Reliable farm worker with experience in [planting/harvesting/irrigation/livestock/packhouse]. Physically fit, careful with tools, and able to follow instructions and work long hours when needed. Known for being on time and keeping the work area clean and safe.

CORE SKILLS

- Planting, weeding, and harvesting
- Basic irrigation (moving lines, checking leaks)
- Sorting, grading, and packing produce
- Loading/offloading crates and general farm work
- Basic hand tools and cleaning equipment
- Following safety rules and supervisor instructions
- Working early shifts, weekends, and in bad weather

WORK EXPERIENCE

General Farm Worker — [Farm name / Contractor], [Town]
[Month YYYY] – [Month YYYY]

- Planted and cared for crops by watering, weeding, and removing damaged plants.
- Harvested produce carefully and moved crates to collection points.
- Assisted with basic irrigation tasks, including moving pipes/lines and checking for leaks.
- Kept tools clean and stored equipment correctly after shifts.

Seasonal Farm Worker (Harvest) — [Farm name], [Town]
[Month YYYY] – [Month YYYY]

- Picked and sorted produce based on size and quality.
- Packed and labelled crates/cartons for dispatch.
- Maintained cleanliness in the work area and followed hygiene rules.

EDUCATION

Highest grade passed: [Grade 10 / Grade 11 / Matric]

School: [School Name], [Town]

Year: [YYYY] (or [In progress])

CERTIFICATES / LICENCES

- [Short course / Safety training / First aid] — [Provider], [Year] (only if true)
- [Driver's licence code] — [Yes/No], [Year] (only if true)

LANGUAGES

- [isiXhosa / isiZulu / Sesotho / Setswana / Afrikaans / English] — [Basic/Good/Fluent]
- [Other language] — [Basic/Good/Fluent]

REFERENCES

[Referee 1 Name] — [Supervisor/Foreman], [Farm/Company]

Cell: [07X XXX XXXX]

[Referee 2 Name] — [Teacher/Community leader/Previous employer]

Cell: [07X XXX XXXX]